

NAASC PHILADELPHIA CHAPTER MEETING

February 2021

Created by: Ashley Gobert, C'2013, President



- Call to Order & Alumnae Prayer
- Roll Call + Icebreaker
- Chapter Business
 - Approval of January 2021 Meeting Minutes
 - President's Report
 - Treasurer's Report
 - Committee Reports
- Whole Self Care
 - Speakers: Julie Rainbow (C'82) & Ericka Gibson (C'2003)
- Spelman Hymn
- Adjourn

MEETING AGENDA

Almighty God, maker of all mankind,
Bless those gathered here today in
unity of purpose.

Instill within our hearts love and
respect for each other;

Open our minds to new ideas.

Give us patience, wisdom and
foresight to plan,

And carry out those plans.

Give us calm strength to build for the
future;

To lead, to teach, to create, to select,
to govern, to direct;

And in so doing, engender true
sisterhood.

Help us to enkindle that which is just,
true and good,

For our alma mater, Spelman College.

We ask this in the name of one God,

Now and forever.

Amen.

ALUMNAE PRAYER

BY VIRGINIA TURNER DOWELL, C'34

When called on please state your first and last name, class year, any leadership roles you fulfill within the chapter, and answer the following question:

If you could be immortal, at what age would you stop aging and why?

ROLL CALL + ICEBREAKER

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.

APPROVAL OF JANAUARY 2021 CHAPTER MEETING MINUTES

by MIRONDA SNEED-SPRUILL, C'2005, RECORDING SECRETARY



PRESIDENT'S REPORT

by ASHLEY GOBERT, C'2013, PRESIDENT



NEWS FROM SPELMAN COLLEGE





Reunion@Last



Spelman College®

The Skies Above
are Blue.

Reunion 2020 / 2021

Virtual Reunion Registration Package \$150 Early Bird (increases to \$200 on March 16, 2021)

Registration closes April 2, 2021. Registration paid after March 15, 2021 are not guaranteed to receive Reunion material shipments by May 11, 2021.

Reunion 2020 / 2021 Package includes:

- Signature Tote
- Signature Gifts
- Reunion Lapel Pin
- Souvenir Cup
- Commemorative Class Picture
- All Access Pass to Virtual Events

*****The virtual Reunion Package is non-refundable and non-transferable.*****

NEWS FROM NAASC NATIONALS



Unsettling statistics about Black women and heart disease:

- Cardiovascular diseases kill nearly 50,000 African-American women annually.
- Of African-American women ages 20 and older, 49 percent have heart diseases.
- Only 1 in 5 African-American women believes she is personally at risk.
- Only 52 percent of African-American women are aware of the signs and symptoms of a heart attack.
- Only 36 percent of African-American women know that heart disease is their greatest health risk.

3 P.M. ET VIA ZOOM

SUNDAY, FEBRUARY 14



**FROM OUR HEARTS TO THINE:
HEALTHY AND HAPPY**

PANELISTS

Michelle Bradley Emebo,
C'2007



Cynthia Knight McDaniel,
C'71



MODERATOR

Rosalind Gregory-Bass, M.D.,
C'92



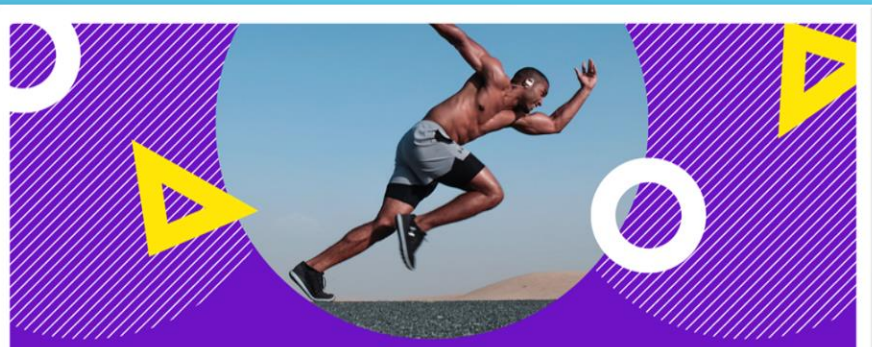
TREASURER'S REPORT

by M. VAL HOWELL, C'2003, TREASURER



COMMITTEE REPORTS





Let's Get Moving

GROUP FITNESS CLASS WITH JOSHUA OREDIPE ELITE ID FITNESS

Didn't start that fitness journey in January, here's your chance to start now!

**SATURDAY FEBRUARY 20TH 10-11AM
SIGN UP BY FRIDAY, FEBRUARY 19TH!**

Event is free. All fitness levels are welcomed
Suggested Equipment:
Water Bottle, Towel, Yoga Mat
Raffle winner will get a prize!!!
Zoom link provided prior to event.

FITNESS IS A LIFESTYLE.

START YOUR JOURNEY TODAY!



Joshua Oredipe is an ISSA certified trainer, Elite ID Fitness founder, and EliteID Wellness Center owner. He is originally from the Philadelphia area and has 11 years of experience in the fitness and wellness industry. Over the past three years, he has competed with the National Physique Committee and the All Natural OCB Men's Physique contests. Joshua develops custom workouts that combine HITT (high-intensity interval training) with circuit, weight, plyometric, flexibility, and bodyweight training to challenge a wide range of clientele. Safety, nutrition, and lifestyle changes predicate his fitness philosophy to inspire healthier habits.

Sign Up Here

Service Committee



- **Committee Members:**
 - Kelsye Little, C'2016, Corresponding Secretary
 - MiRonda Sneed-Spruill, C'2005, Recording Secretary
 - Ashley Gobert, C'2013, President
- **Last Meeting:** Wednesday, February 10th @ 6:30PM EST
- **Membership Update:**
 - **Total Membership to Date:** 25 | **Membership Goal:** 45
 - **FY21 Membership Gift:** has been purchased! FY21 members can expect to receive them in the mail in the coming weeks! If you would like to receive this year's gift, there's still time to pay your dues.
- **New Business:**
 - Investigating low-cost/no-cost merchandise options to raise funds for chapter operations and scholarship fund; target launch March 2021
 - Early planning phases of our FY22 Membership Drive
- **Next Meeting:** early March; date TBD

Membership Committee

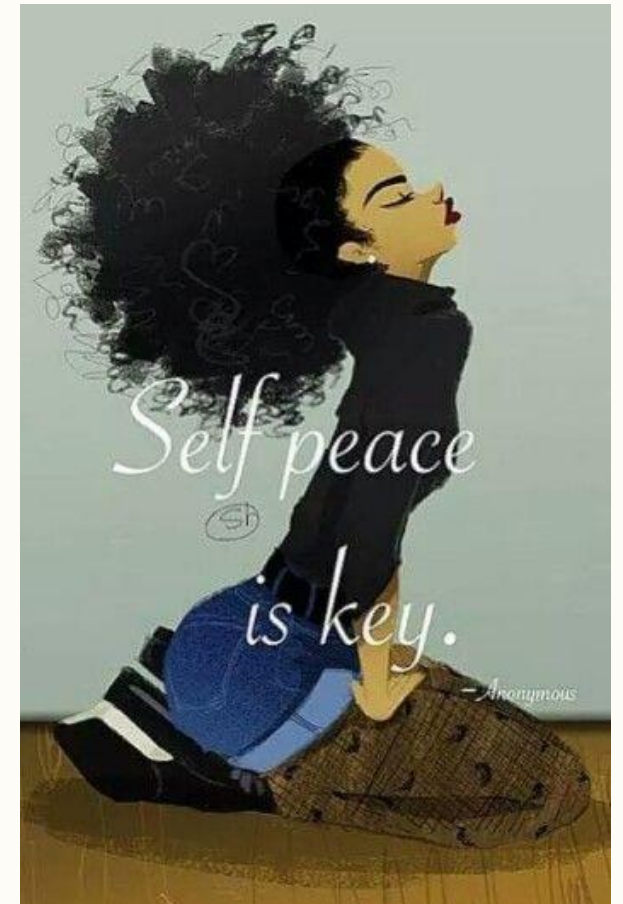
WHOLE SELF CARE

ft. Dr. Julie Rainbow (C'82) &
Dr. Ericka Gibson (C'2003)



**SELF
CARE**

MIND - BODY - SPIRIT





Self-Care Journey for Black Women

- Exploring Ourselves**
- Defining Our Priorities**
- Setting Boundaries**
- Creating Our Self-Care Strategies**
- Creating Our Own Safe Spaces**

Contemporary Threats to Africa

Self-Efficacy

Conflicts within personal relationships

- Unresolved personal histories (trauma)
- Isolation – feeling lonely, unloved, nobody understands me
- Stress at work - Racial tension is high in some work environments



Center for Disease and Control(CDC)

In June 2020 survey 40% of respondents reported that they were experiencing mental illness

What does that mean for African Americans?

What does that mean for African American Women?





Exploring Ourselves

- Physically/Sexually
- Emotionally/Spiritually
- Mentally/Socially
- Professionally



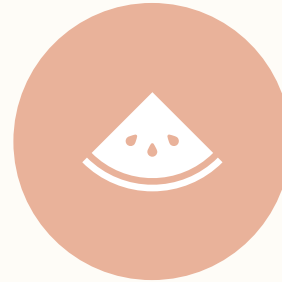
 Name 3 Stressors

Identify the problem(s) under each stressor – 3

Managing Our Boundaries



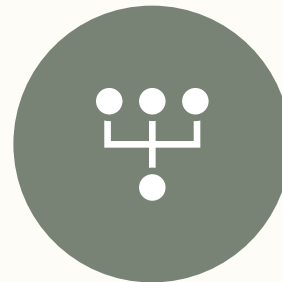
Do not work beyond your physical and emotional capacity.



Create a healthy life balance.



Recognize what is necessary vs what is urgent.



Asses your various roles in life and adjust where necessary within your capability.



**"You can't
achieve your
way out of
childhood
trauma."**

Will Smith



FRIENDSHIPS



Defining Our Priorities

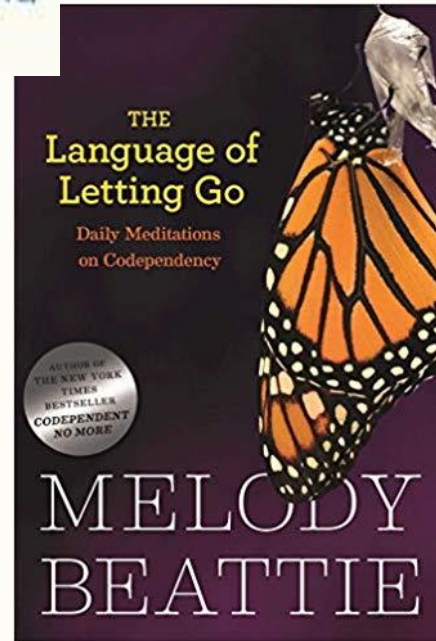
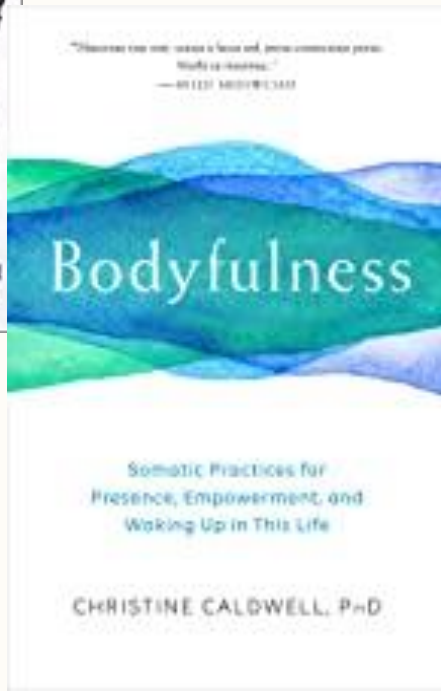
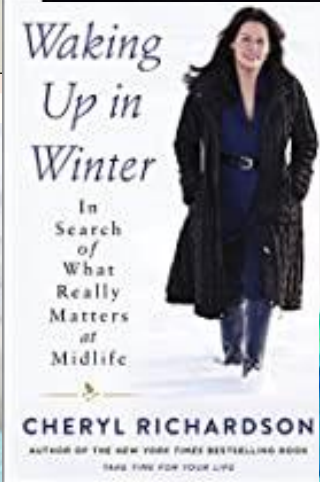
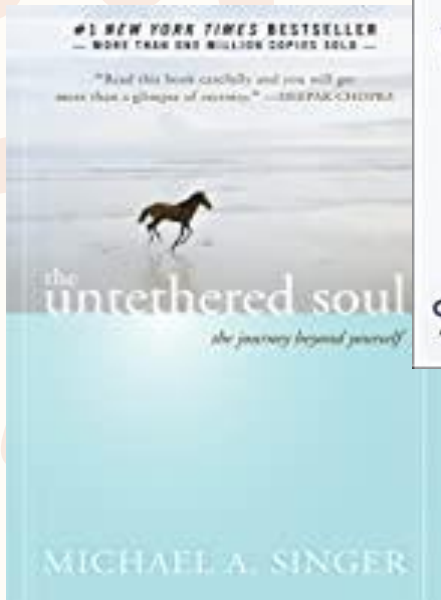
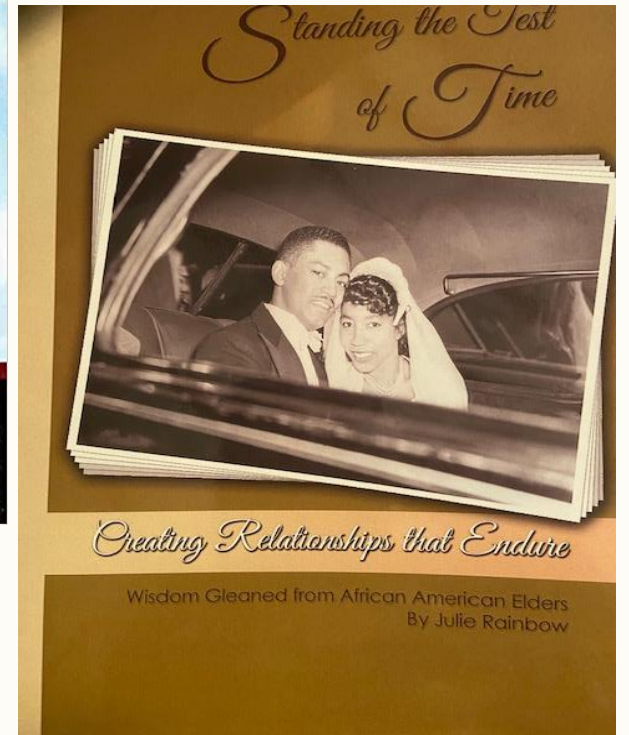
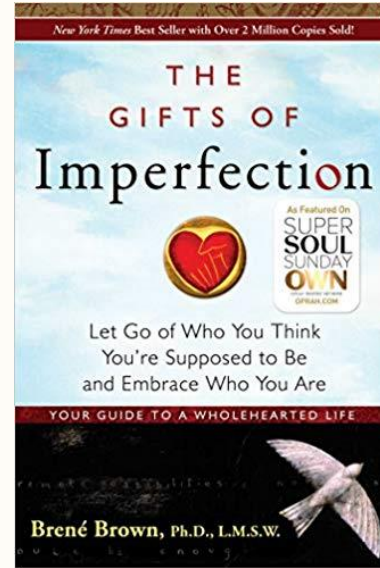
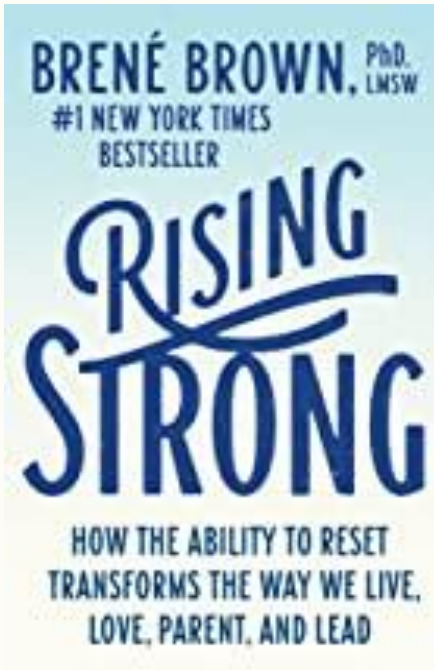
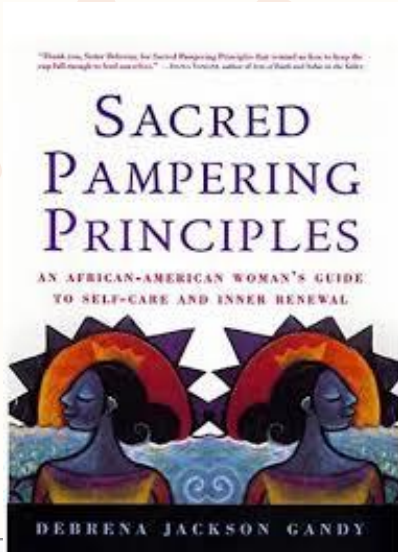
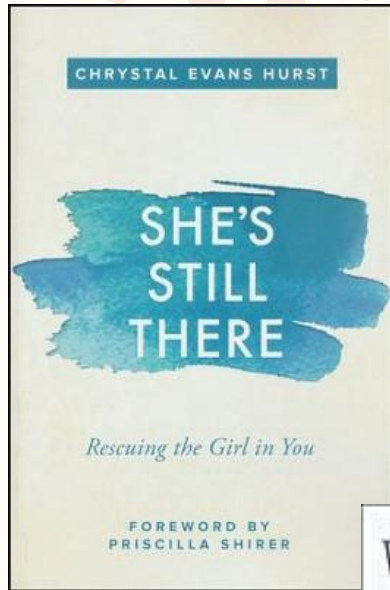
- Career
- God
- Family/Friends
- Partner/Spouse
- Self



Self-Care Toolkit

1. Create Routines/Rituals
2. Face Fears – Tell Yourself the Truth
3. Be Easy on Yourself – Quiet the Inner Critic
4. Take Action
5. Celebrate (small) Wins





SPELMAN HYMN
ADJOURN

THANK YOU!

